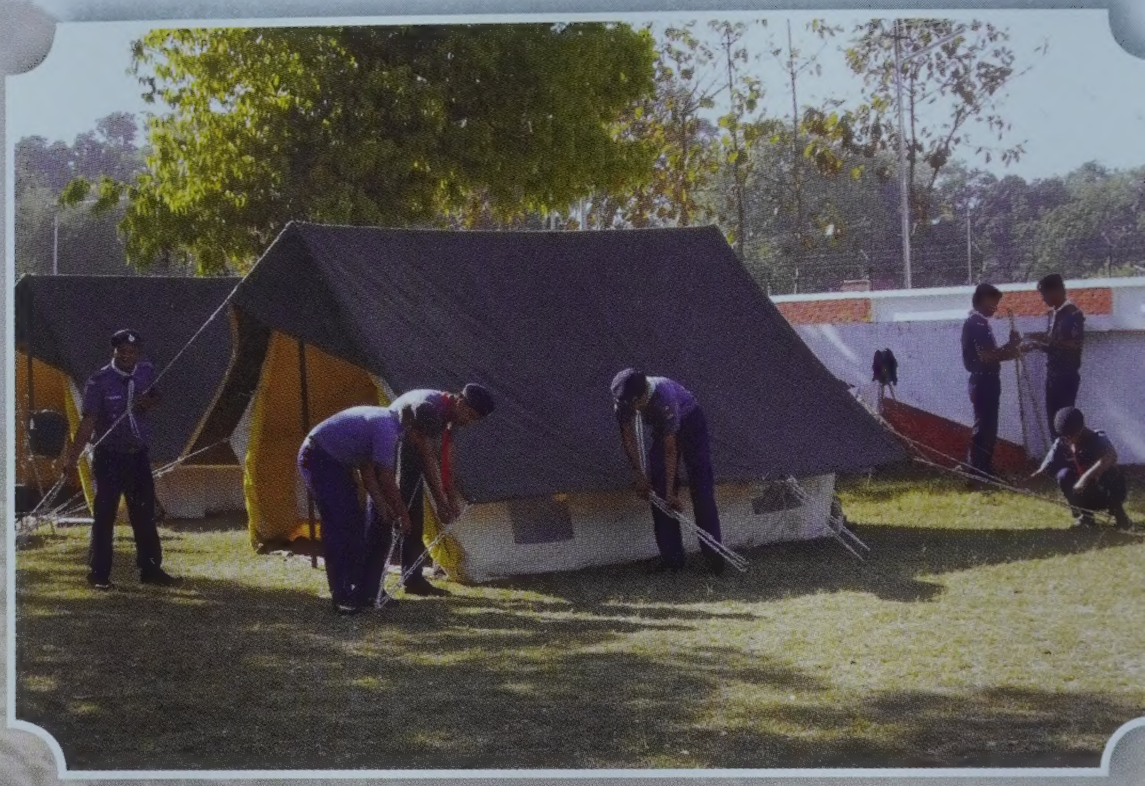
HANDBOOK OF

CAMPING AND HIKING

By

Shri Raja Ram

THE BHARAT SCOUTS & GUIDES



IN
EASTERN
OFFICERS' COLONY GROUP
ARENA

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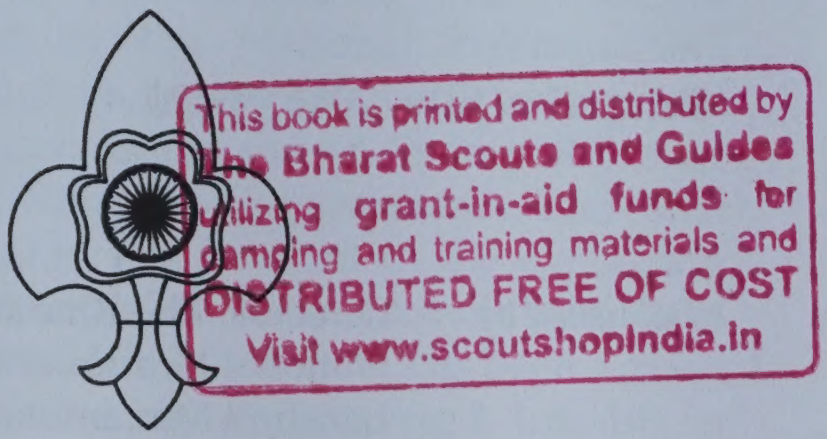
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FOREWORD

The purpose of this book is to show the need for camping and hiking for the students particularly for Scouts and Guides.

The rapid advancement of urbanisation in the country has increased tremendously the great need of such activity. Besides character building, it provides an opportunity to live in the open under tents for adventure, fun and friendship and to learn skills which they cannot learn elsewhere.

Scouting and Guiding is now unquestionably an integral part of our education. The immense interest convinced by the National Headquarters in the advancement and progress of Scouting and Guiding in the country under the leadership of Sardar Lakshman Singh, National Commissioner and Shri V.P. Deendayal Naidu has resulted in the expansion of the Movement manyfolds. I owe a lot of them. I am also indebted to Sh. S.H.A. Jaffari who has been a great source of inspiration during my camping & training in scouting.

I offer my heartiest gratitude to Squadron Leader Shri K.N. Sharma for his guidance and valuable help in correcting the manuscript.

I also put on record my thanks to Smt. Sarika Singla, Sarvshri Satish Arun, K.S. Yadav and NarenderTripathi for their help in the compilation of this book. My thanks

are also due to different authors, whose books I have consulted.

I also offer my thanks to Distt.. Library, Gurgaon and Hero Cycles, Ltd. for their help in providing me the literature.

Lastly, I would like to put on record my sense of appreciation for the helping hand extended to me by Satish Arun.

Raja Ram

PREFACE

Scouting as a world-wide Movement is continuously showing its willingness to be progressive and forward looking. Scouting is outing and without outing, no Scouting.

The book Camping and Hiking contains very useful information which will be very helpful to the youth to enjoy the game of Scouting under the guidance of the Adult Leader.

The information in the book is based on the experience of the Trainers. Unit leaders and the Scouts Guides which has been incorporated in the shape of book.

Hope, all the youth will enjoy it and better their experience in the camp and hike to make Healthy, Happy and Helpful Citizen.

B.I. NAGARALE, I.A.S. (Retd.)
CHIEF NATIONAL COMMISSIONER

PUBLISHER'S NOTE

Shri Raja Ramji has been helping the National Headquarters by writing books for us. This is the 3rd book that he has written and on behalf of the National Headquarters we extend our grateful thanks for him.

Camping and Hiking are the basic and unique activities of the Scout Movement ever since it was started. But taking Scouts and Guides in Camping and Hiking needs a lot of preparation and improved skills.

We love nature, we like in nature and we shall protect nature. With this theme which relevant to the present situation, Raja Ramji's books has got an immense value not only for Scouts and Guides but for all those young people who like activities out of door. We thank Shri Raja Ramji and recommend the book for use, right at the Unit Level.

The handbook Camping and Hiking is the hands of the Readers after previous edition has exhausted. It goes without saying that Camping and hiking are the integral parts of Scouting and Guiding. In fact, this aspect of Scouting and Guiding is all the more important today in the context of the changing values of the society and the degradation of the natural environment.

The book has been updated in so far techniques of training are concerned. It is hoped that the book will serve its valuable contribution towards better Scouting and better Guiding. For any authenticity, APRO II/III and Scouting for Boys to be referred.

DIRECTOR

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CAMPING AND HIKING

GENERAL

Camping means to sleep outdoors under shelter made for this purpose. You have to cook your own meals and stay over nights there. Planning of Camps need more preparation. It is fairly expensive as well. It is also uncomfortable to an extent. There is some risk too if not planned properly particularly if camping deep in the woods.

Camping gives more fun, experience and training. To be away from home also gives freedom to work and make the boys/girls hardy and responsible. It gives them freedom to think independently.

Hiking means travelling from one definite place and reaching another fixed place, having meals prepared by one self or others and sleeping under a roof in an Inn, Hotel, Youth Hostel, Scout Hqrs. or in a house or school or college building or tent. If you are touring, it is wise to make reservation of the places thought of, well in advance.

LORD BADEN POWELL, FOUNDER OF SCOUTING AND-GUIDING SAID

Objective of camping : The objective of the Camping is (a) to meet the desire of boys/girls for an open air life and (b) to put him,/ her completely in the hands of Scoutmaster/Guide Captain for a definite period for individual training in character and providing initiative for physical and moral development.

If there are too many boys/girls military drill takes the place of Scouting/Guiding and nature study.

So it results that Scout/Guide camp should be small, not more than one Troop/Company camping together, and even then each Patrol. should have its own separate tent at some distance (at least 100 meters) from the other Patrol. The latter is organised with a view to give entire responsibility to the Patrol Leaders for their distinctive units, and the locality of the camp should be selected for its Scouting/Guiding facilities.

INTRODUCTION

The very phrase going to the camp gives a pleasing thrill and happiness. People who have never slept outside the four walls of their houses have missed a great deal, in their lines. It is advised to go in the open to plains, mountains, parks, river sides and sea shore and sleep in tents and spend two or three nights to get the maximum fun of camping. It also improves health. It is educative to lie in the open and watch the stars and the moon. It is a fun-adventure.

TYPES OF CAMPS

There are several-types of camps.

1. **Educational camps :** Go out, away from the town, away from the tall buildings and noisy streets of the city/town/village.
   Educational Camping is an experiential method of learning by doing, which takes place primarily through exposure to the out-of-doors like historical/religious places, nature etc. In Educational Camp, the emphasis for the subject

of learning is placed on RELATIONSHIPS: relationships concerning human and natural resources.

2. **Recreational Camps:** Camps organised for the purpose of recreation and fun only. These camps are mostly week-end camps for cultural activities for enjoyment and sense of romance and to develop brotherhood/ sisterhood.
3. **Social Service Camps :** Such Camps are organised for a specific purpose, Camps are required to do some kind of social work to help the community- during floods, earthquakes or on such occasions when the people need your help. In case of exodus of people from other places also, social service becomes necessary.
4. **Training Camps :** There are various types of Training camps where training is imparted in the open and the campers live in tents for different duration e.g. Patrol Leader's Training Camp, Unit Leader's Training Camp, Tritiya Sopan Training Camp. Several camps are for the day only. Campers come in the morning and evening go back to their homes. These are mostly for Cubs and Bulbuls.
5. **Adventure Camp :** Adventure Camps are having an action that involves unknown dangers and risks, Even the plans of wise wizards Participants face the Problems. So many activities which have not been done before are also included in Adventure Camps. Camps like trekking in the deep forest. Rock climbing. Water activities, obstacles crossing, trekking etc.

CAMP SITE

Selection of the camp site is very important. The great success of the camp lies in the selection of the site. It should be done well before the camp. The place be inspected by the patrol leaders and place be indicated laying down some small stones etc. by each patrol.

POINTS TO BE OBSERVED IN SELECTING THE SITE

We must go away from homes to hike or to camp or to learn about nature. There are good outdoor places even in a city. Get out of doors in the parks or in the school compound if you live in a big city or go in the suburban towns. Don't stay in the midst of city streets and tall buildings. There are plenty of places to enjoy the outdoors.

1. **It should be an isolated Spot:** Away from crowd yet accessible. It should be far enough from people so that you have privacy, yet close enough to your home town to be reached without spending too much time and money on travelling.
2. **Beauty :** The site should be beautiful. It should have plenty of trees, picturesque scenes, lakes, hills, river. These will add to the enjoyment.*
3. **Safety :** The Site should be safe. This should be free from wild animals. In the jungle, do not pitch your tents under trees with hanging branches. Do not camp under overhanging cliff. Safety from thieves and wild animals also is to be borne in mind.
4. **Shelter nearby:** See if there is any shelter nearby to protect from heavy wind and rains e.g. school building or public place in case of inclement weather.

5. **Availability of Medical Aid :** It should be kept in mind that some medical aid is available at the time of emergency.
6. **Enough Open Space :** It should have enough open space to conduct out door activity and games.
7. **Drinking Water :** There should be drinking water facilities at the site.
8. Availability of Timber and Fuel.
9. Post Office, Telephone and ciber
10. Church Mosque, Gurudwra and Temple.

We read in Scouting for Boys that we should acquire the knowledge of animals, birds, reptiles, fish, insects, plants and trees. B.P. told us how to stalk, how to hide ourselves, how to observe, how to read signs, how to make camp gadgets. All of these can be summed up in one work-Woodcraft. We were filled with tremendous enthusiasm. B.P. gave us just the guidance we needed, although we did not realise it then.

In these days of hustle, mechanisation and mass production, we are liable to let this part of our training get crowed out. We must not lose our grip. The skill of the backwoodsman must not be lost. The adventure spirit, the knowledge of the wide opens spaces and nature, God's wonderful creation must not be forgotten.

Of course, it is understood that we who live in the towns and cities, amid bricks and mortrar, cannot spend all our time in the wide-open spaces, but we can get out whenever possible. We can be woodcraft minded that is alert, observant, useful and self reliant. We can create a woodcraft atmosphere in our headquarters and in our den. Make them look like places where those who follow the woodcraft trail gather together. We would

endeavour to be useful and make things for ourselves as B.P. put it-"Pioneers are always handymen". There are regulation belts, hats and other parts of Scout/Guide Uniform, but the pioneer or bushman was not like us. These fellows had to make them. I am not suggesting the Scouts/Guide should not wear the regulation belt and hat, but a good Scout/Guide will endeavour to make a plaited waistband and other parts of camp equipment.

ORGANISATION OF THE CAMP

PLANNING

The Camp lies in planning before hand. The great secret of the success of the camp is to plan democratically and then should be worked out properly. First plan the work and then work out the plan. It is the way of successful camp. The members of the camp should be consulted before the camp.

Make a plan : Every one who is going may have a hand in planning or there should be several committees to do the planning. It gives more fun for every one to have a part in the planning of it. It should not be left until a few days before but should be well done before its commencement. It is joy to see a well organised patrol at work.

The following information is required before going to the camp.

1. Permission of the parents.
2. Situation of the camp site and postal address
3. Estimated cost of the camp.
4. Notification of the Visitor's day at the camp.
5. Medical fitness certificate.
6. Daily camp programme.
7. Taking with them one time cooked food.

8. List of Articles to be carried by each.
9. List of officials incharge of the camp.
10. Address of the camp Post Office.

ORGANISATION OF THE DAY CAMPS

Day camps are places in the countryside where there are well established sites, where tents are already set up. Here cooking is done out of doors. These camps are mostly for beginners. In such camps Scouts/ Guides arrive in the morning and spend the day and participate in some activities like cooking, nature study, Scout craft, singing & playing some games and go back in the evening.

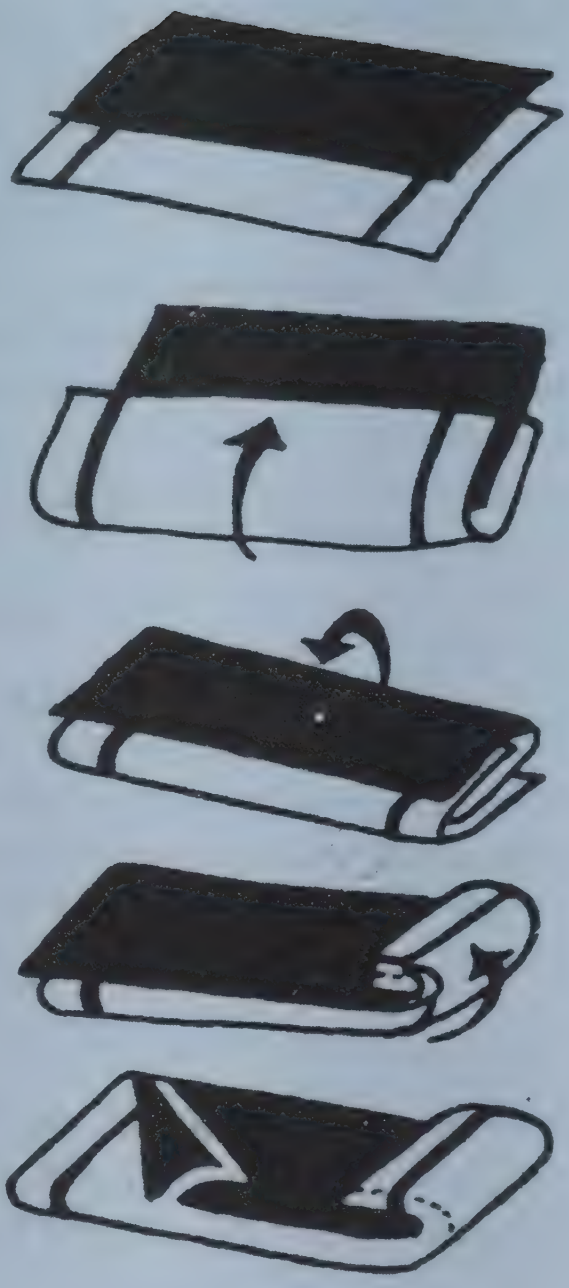
WEEKEND CAMPS

These, camps are generally organised on Saturdays and Sundays. Scouts/Guides 'go to camps on Saturday morning and return on Sunday evening. In such camps besides training, inter patrol competitions are organised. These are found very useful for Scouts/ Guides of higher classes who cannot afford to be away from their studies for longer duration. The interest of these boys /girls in Scouting/Guiding does not diminish.These are mostly patrol camps.

LONG TERM CAMPS

These are mostly organised during school vacation. These camps needs lot of preparations and programme. They are planned for giving training to the Scouts/ Guides like character building, pioneering, hiking during camp, Scout pace, enviornment, conservation, etc. These are mostly Troop/ Company camps planned for badges and skill oriented activities.

MAKE AN ENVELOPE BED AS SHOWN



1. Lay the first blanket on the ground. Put the second blanket half on and half off the first one.
2. Fold the first blanket over the second, Leave half of the second showing.
3. Fold the remaining half of the second blanket back over the first, this gives you two thicknesses over you and under you.
4. Fold the bottom of the blankets up.
5. Fasten the blanket envelope with big blanket pins on both sides top and bottom.

PRELIMINARY ARRANGEMENTS

1. Conveyance : The buses are the most convenient mode of transport. It is easy to reach the camp site which would be difficult by train or on foot. The luggage can be carried easily in the bus. This is the quick and simple method.
2. Packing : Use plastic cases or canvas bags. Things should be packed into fairly small packets easy to

load and unload. The lighter and small packages should be loaded to avoid breakage.

3. In loading no display of feats of strength should be exhibited. There are chances of getting injured.
4. Unless there is a cover on the top, some protection be provided against rains and baggages falling off during jerks and manovering curves.
5. Different Coloured tags for each person or patrol make it easier to find the articles of that person/ patrol.

CAMP SITE

It is most important duty of the Scout Master/ Guide Captain to select the camp site. This duty cannot be entrusted to others. It is good if patrol leaders are first consulted in this matter and decision is taken later. The following points are to be kept in mind while selecting the camp site:

Ground : The ground should be fairly at a higher level in order to escape from rain water and dampness.

Water : Nearness to the drinking water is the main criteria if the tap waters not available at the camping grounds. Water should not be used from the well, without boiling, unless it is tested and certified fit for drinking.

Wood/Gas Cylender : Availability of timber/Gas for fuel is also to be borne in mind.

Other Facilities : Nearness to the Post Office, Temple, Church, Mosque, Gurudwra, Grocery shop, Hospital or dispensary will be added facilities.

OTHER SUGGESTION

1. Tents should not be pitched right under a tree. There will be lot of discomfort particularly in the evening from rain, bird dropping, insects, etc.
2. The presence of domestic animals should not be allowed to keep the site clean.
3. The camp should be away from public approach.
4. It should be accessible for guests and supplies.-
5. Safety-Never leave the tent unguarded.

CAMP TIPS

1. National flag and B.S.G. flag should always be carried to the camp.
2. To prevent your tent pole from sinking into the soft ground, place and empty tin box or a piece of stone under it.
3. Make a pad of some old nylon socks to clean the plates with soap and hot water.
4. The shoes can be rubbed with this type of pad after polishing to shine.
5. Always keep your food covered and protected.
6. `Don't dry wet shoes too near the fire. Heat up small pebbles in a frying pan and put them in the shoes.
7. A good short hike during the camp helps the Scouts
8. The campers should be told to carry their medicine with them, if they so need.
9. The S.M./G.C. should have his/her own separate tent and should never sleep with the Scouts/ Guides. This interferes in the independence of the Scouts/Guides.
10. Proper account of the camp, income and expenditure should be maintained and it should be made known to the campers.

CAMP EQUIPMENTS

TROOP/COMPANY OR PATROL EQUIPMENT

1. General: Flag staff materials, if not fully carried can be improvised.
2. Store tents: A central store tent is necessary even ' cooking is patrolwise.
3. Felling Axe: Should be placed fairly near the kitchen Spade, Rope, Core and String, enamel/ jugs mugs.
4. Medicine Box / First Aid Box
5. Instruction equipment, games equipment, (Foot ball Badminton, Tennis Balls etc.) Should be taken without fail.
6. Kerosene Oil, Lanterns, Candles, matches, liter are a must
7. Disinfection materials for each patrol.

FOR EACH PATROL

1. Tent - for each patrol.
2. Ground sheet - one for each patrol of Scouts/ Guides
3. Canvas Sheet - to take meals.
4. Lantern / Emergency Light.
5. Washing bowls.
6. Spade & Axe to clear the ground.
7. Bags for rubbish.
8. Buckets with Mug for water.
9. Hangers for clothes.
10. Long ropes.
11. Mallet for tent pitching.
12. Candles with Match Box.
13. Cooking utensils, Buckets, Jugs.
14. Knife with tin opener.
15. Flag, Pole.

CAMP EQUIPMENT FOR INDIVIDUAL SCOUT/ GUIDE

1.	Blanket	2
2.	Matres	1
3.	Sweter Jersey or old coat.	1
4.	Canvas Shoes.	1 pair
5.	Leather Shoes (old ones)	1 pair
6.	Handkerchief.	2
7.	Bathing costume.	1
8.	Soap and towel.	
9.	Tooth brush & paste.	
10.	Hair brush, comb, oil, cream, mirror.	
11.	Plate, Spoon, mug preferably enamelled and knife.	
12.	Personal medicine for use.	
13.	Scout/Guide uniform.	
14.	Spare shirt, pajama, vests.	
15.	Torch and Camera (optional)	
16.	Note book, Pencil. . ,	
17.	Reading material.	
18.	Needle and thread, buttons.	
19.	Compass.	
20.	Prepared meal for one time (1 day)	

Note: Generally the tents are taken on hire. Always examine tents before you set out on a camping, examine each tent properly, seams - edges, wall joints, eyelets, poles, check at the top where poles fit. Replace any missing eyelets and guy ropes, count out your pegs, have two or three spare - Remember to take a good mallet (not a hammer, this will break the pegs).

OUT DOOR MANAGEMENT

Camping is largely a matter of great responsibility. The camp must be carefully planned and efficiently conducted to derive maximum benefit out of it. The

S.M. / G.C. takes the Scouts/Guides out to camping places under a great responsibility to the parents who have entrusted to him/her the welfare of the children. A good deal of help should be obtained to avoid mistakes and lead a successful camp.

1. **The camp chief -** The S.M. / G.C. will be the camp chief.
2. **Quarter Master –** He / She will be in charge of all the supplies during the camp.
3. **Medical Officer -** A qualified person should be appointed as camp Doctor to look after the health of the campers. This will give a great confidence to the parents.
4. **Sanitation Incharge -** He / She will look after the sanitation of the camp and ensure that the site is left better than they found it. They check and will be sure that fire is out and the rubbish is completely burnt and or otherwise properly disposed.
5. **Watch and Ward -** they will look after the safety of the camp so that thefts are avoided.

PLANNING OF THE CAMP

Where to go ? Destination when and how? How long will it take to reach there? How do we go? by Bike, Bus, Cycle, Train? or walk ?

Time to return ? Cost, if any? What to take and how it will be packed and carried? Who is responsible to carry?

What to do ? On the way what to do and how to walk?

What to wear ? -At the site, doing jobs, on way home.

What should we learn before hand ?

What to take ? - Food - equipment.

Who will bring what ? Every camper will bring his/her own one time food.

PROGRAMME, SUPPLIES AND EQUIPMENT:

Who will do what - Allot duty to each person what to do.
Wood gathering – cooking.
Clean ups - Decide jobs.
How to make the camp and to strike it at the end?

All campcraft skills will put to test which you have acquired before.

Learn to make a blanket roll. What to wear ? This depends on what you are going to do as well as on the climate/season and the weather for the day. To enjoy don't go with fancy camp clothing. Old comfortable clothes will help you to enjoy camp better. Wear shoes that are old and comfortable, (Never new) and that gives good support. The soles of shoes should be heavy, not thin. Take extra socks and undergarments.

If you are planning a particular spot decide your time along the way so that you can return by the evening. Return by a different route. Plan in this way to see places around you. The scenery, the people, the birds and trees - A hike on foot or cycle offers a great scope for this.

PITCHING THE TENTS

When the Troop/Company goes for camping each patrol has its own site and puts up its tent right away.

The method to be used in suggested below:-

STANDING CAMPS

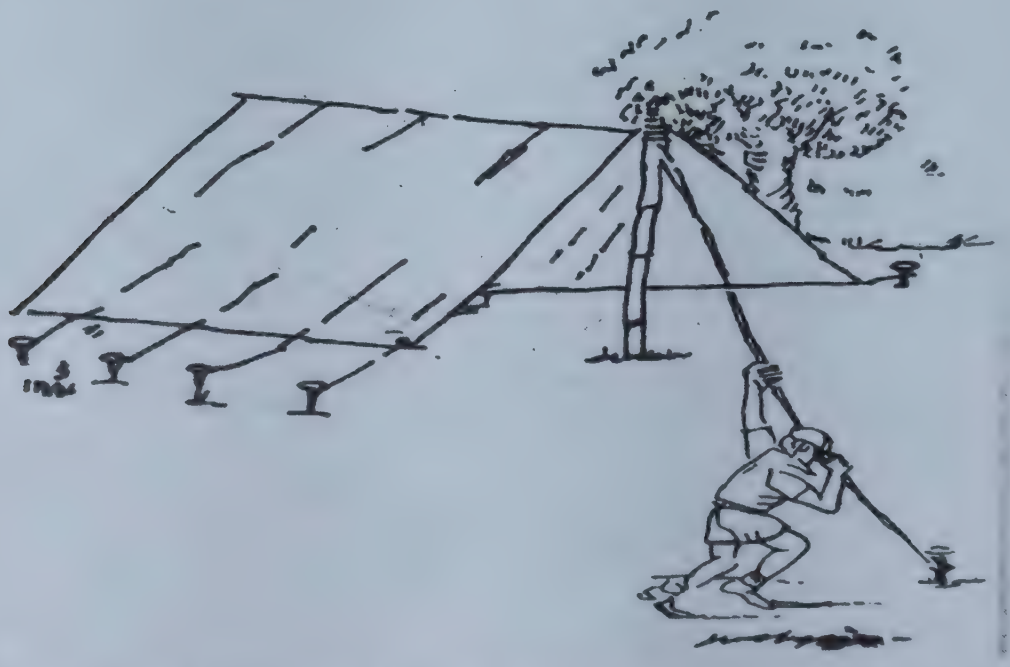
Wall Tents: Lay the tent out, flat on the ground and insert the ridge pole. Put the upright poles in

place, pushing the spikes through the holes in the ridge pole and in the tent. If there is a fly sheet place this in position so that the spikes of the upright poles pass through the holes in it. Put the knots with the long guy ropes on the spikes and lay the rope on the ground. A Scout/Guide at each end will then raise the upright poles. It is important that they should be raised at the same rate or the spikes will be bent. The four long guy ropes can be pagged down. Fasten up the doors. See the poles are upright and pegs down the ends at the foot of the poles. Then peg out the four corners. After that the remaining pegs can be put in.

PATROL TENT PITCHING

Assemble front and rear poles, put pegs into the ground for front and rear guy lines, put up tent poles, attach lines to gets, use taut line hitch.

Put Pegs into the grounds for side haulers. Attach Hauler lines. Check all lines to make ridge taut and tent sides smooth.



Note : Tent Folding, When leaving follow the opposite order.

Pitch tents without a word being spoken, give instruction using hand signs.

SCOUT SHELTER (A dining place)

FIXING A FIRE PLACE

Fix the fire place on sand, rock or mud and dust, but never at the base of a tree, ground should be cleared off leaves, grass, sticks and stones fire place is used.

Temporary fire places are made of ditches, holes, dug in the ground, bricks and green logs can help

When the fire is lighted, you should sit with the wind at your back as you face the fire.

STEPS TO BUILD A FIRE

1. Fix a place to build a fire.
2. Learn the kinds of material used in fire building. You should not leave the fire lighted and go out.
3. Build a foundation fire.
4. Unless you build in a ready made fire place, leave no trace of your fire, after camp.
5. Try to have some one with you when lighting

a fire, it is always safer this way than doing it alone.

Camp Fire: Camp fires are generally laid sometime before using a foundation fire, before lighting the fire make some of the structures around and make sure you have materials to ground the fire if necessity arises.

CAMP FIRE

With the increase of troop/company activities worth while evening camp fire programmes which provide informations, 'inspirations, self expressions and recreation are an imperative need of Scouts/ Guides. The camp fires of large groups are the spectacular ones.

As the dusk falls, the campers creep in the special camp fire circle. The Leader steps for and as the flames soar upwards. He / She opens the fire with an impressive ceremony. Then follows a programme of songs and dances.

DRAMATICS

There are stunts, skits and telling stories or poems. There are a few camp fire games and duel contests. Allow each patrol to work out its own items. There is no specific kind of programme with nothing at all planned.

Then finally we have the good night song and the camp traditional, impressive closing ceremony.

Day is done, gone the sun.
From the sea, from the hills, from the sky.
All is well, safely rest.
God is nigh.
Good night to every body

You walk back to your tents silently and lie down

in your beds. A moment later you are fast asleep and have a happy dream.

CAMP FIRE SONG

Once I was a Scout, a jolly Scout too.
Now I have finished Scouting, I don't know what to do.
Now I am old and feeble and Scout no more.
So I will try to work my ticket if I can.
C.F.L. with song and just we'll do our best.
To make our camp fire bright.
So let your voices ring aloud.
And echo in the night.
We'll turn our troubles into joy.
Our little worries bury.
So while the Fire of Friendship burns,
Come let us all make merry.
(Opening Chorus by all)

When the last item has been rendered the camp fire could close as follows:-
This is the end of our story.
The fire is burning low.
The day is done.
So ends our fun.
This time for all to go.
(C.F.L. gives the sign to stand)

C.F.L. Keeper of the Fire, our camp fire being ended, I call upon you to watch the flames until nothing but the white, wood ash remains. These you will scatter to the for winds of heaven. You will then place the soil so that those who follow shall read no sign to tell that once fire burned upon this ground.

K. of F. It shall be done.

NOISE EFFECTS

When doing a camp fire show, it may be necessary to produce various noises, such as that of a train, a galloping horse and so on. This is how some of them can be made :

Aeroplane :
Elastic band on wire, swung round on the end of string.
Horse :
Two half coconut shells clapped together.
Train starting off:
Two pieces of coarse glass paper rubbed together.
Thunder:
Sheet of tin shaken.
Rain :
Peas shaken around a tin bowl.

The Basic A fire is easy to be built.

1. Lay two good sized of kindling in a formation with the open end of the V facing the wind.
2. Lay a smaller stick across these to form an A.
3. Place a handful or two of tinder on the crossbar.
4. Kheel and strike your match with your back to the wind. Tip it down so the flame catches the wood. If windy, cup your hands. When the match is burning well, light the fire from underneath.
5. As your fire catches, add more tinder gradually. When it is burning briskly, place pieces of kindling in a tepee or wigwam formation, allowing for a draft.

THE TEPEE OR WIGWAM FIRE

This fire is quick, hot and compact. It is the best for boiling as the heat is concentrated. After the Basic 'A fire is burning well, add wood in a tepee shape.

THE CRISS - CROSS FIRE

This is used for camp fire or boiling. It burns steadily, produces good coals, and does not need mud feeding. Start with the Basic A fire and add wood in a criss-cross formation. Put thick at bottom and smaller ones across the top. In this way the wood will burn and fall, making a bed of coals.

Keep your fire small. Build it only large enough to serve its purpose. If rubbish or garbage is to be burned, crush papers into hard balls to prevent lighted papers from flying out of the fire place.

Put the fire out as soon as you have finished using it. Let it die and then scatter the coals. Sprinkle water until there are no live coals. Check again to be sure there are no coals or smoldering logs left. Make a final test by placing your hands on the remains for one minute. "Practically out" will not do, the fire must be "Absolutely out".

COURT OF HONOUR

The Court of Honour deals with the matter that effects the whole troop/company. It discusses the ideas submitted by the petrol leaders and works them into the programme for the troop/ company. Take care that Scouts/Guides have considerable say in the matter. Scouts/Guides may be encouraged to speak. The Scout Master/ Guide Captain in the chair is just to control.

TROOP/COMPANY MEETINGS

All the patrols get together at troop/company meetings at the camp site regularly in the morning. The meeting may start with a flag ceremony. Then the attendance is taken partol wise. The result of the

morning inspection of the tents is announced. The programme for training, Site seeing and hiking is followed. It is a fun to learn net skits. No event is a success unless you are fully prepared for it.

The following time table is suggested :

7.00 A.M. Physical Jerks-B.P's Six/Asanas/Surya Namaskar
7.30 A.M. Breakfast.
8.30 A.M. Inspection, Prayer & Flag
9.30 A.M. Scout/Guide Activity.
1.00 P.M. Lunch followed by rest.
2.00 P.M. Scout/Guide Craft.
4.30 P.M. Tea/Coffee.
5.30 P.M. Games.
6.30 P.M. Lowering of Flag.
7.30 P.M. Dinner followed by camp fire.
10.30 P.M. Lights off.

Inspection : Before inspection, the P.L. will check his/her tents and uniform of the Scouts/Guides, kitchen should be neat and clean and properly kept. Rubbish should be kept in a pit or bag. Utensils be washed shining put facing downward above the ground.

Spare stores should be uniformly arranged. Fire wood should be covered at night to save from getting moist.

COMMON FLAG CEREMONY OF THE SCOUT/ GUIDE SECTIONS OF THE BHARAT SCOUTS & GUIDES

PREPARATION

Troop/Company is made to stand in the Horse-shoe formation facing the flag. The ASM/AGC takes charge of the Ceremony. He/She takes position one pace to the left of the flag staff and one pace behind. The SM/GC takes position two paces behind ASM/AGC. Other Scouters/Guiders, stand in line and to the left of SM/GC. A gap of one pace to the left of the SM/GC is left for ASM/AGC to occupy later after handing over charge of the Ceremony.

The Scout whose duty is to break the flag takes his position at the extreme right on the Horse-shoe.

The Guide whose duty is to break the flag (colour bearer) stands on the top of the Horse-shoe flanked by one guide (escort) on either side. She is the Leader of the colour party. These three Guides comprise the colour party or the occasion.

PROCEDURE

As soon a the group is ready, ASM/AGC orders : Troop/Company atten....tion (Shun)

Dal Saav ..... Dhan.

The group comes to attention. ASM/AGC turn about and salutes the SM/GC, pauses for a moment for return of salute and then takes one step to his/her right.

The SM/GC and ASM/AGC will simultaneously move forward taking two steps. The SM/GC will take charge of the Ceremony taking the position earlier occupied by ASM/AGC.

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The ASM/AGC will occupy the position at the space left vacant and faces towards the horse shoe.

Thus taking charge of the Ceremony. SM/GC orders as follows.

L : Troop/Company — Stand at ...Ease
Dal Vish ....Ram — All stand at ease.
L : Troop/Company — Atten....tion
Dal Saav....Dhan — All come to Attention
L : Prayer Begin
Prarthana ....Shuru
All Sing "Dayakar dan" in one tone.
L: Troop/Company — Stand at ...Ease
Dal Vish....Ram
All Come to stand at ease position.

Thought for the day is then read out by nominated person, if desired.

L: Troop/Company — Atten ...tion
Dal Saav....Dhan

All come to attention position and no movement.

L : Duty Leader — To the Flag
Dhvaj Leader — Chal do
L : Colour Party — To the Flag
Dhvaj Dal — Chal do

ON COMMAND

The Scout whose duty is to break the flag will proceed to the flag, halts at a distance of two paces from the flag pole, turns right and takes one step forward towards the flag and holds the halyard at full extent of his reach with his right hand and waits for further command.

Under the command of the Colour Party -Leader (Colour bearer), the colour party will proceed to the

flag and halt at a distance of two paces from the flag. The colour bearer will take a step forward and hold the halyard at full extent of her reach with her right hand and waits for further command.

L : Troop/Company .....Salute Dal Salute
All will Salute.

The Scout/Guide holding the halyard will pull it down bringing the hand right beyond the cleat in order to break the flag (unfurl - at full extent) and quickly tie the halyard to the cleat. The Scout takes a step back and salutes the flag.

The colour bearer joins the escorts and all the three (colour party) take step back and salute together.

L : Troop/Company .....As you were
Dal Jaise .....the
All will bring their hand down and stand to attention

L : Flag Song Begin Jhanda Geet Shuru

All sing in one tune the FLAG SONG. On completion of the flag song the Scout will move back to his original position without any command.

The colour party on command by the Colour Party Leader will move back to its original position.

L : Troop Company stand at ease.....

L: Dal Vishram

All will come to stand at ease position.

Now inspection report, announcememts etc. will follow or other on the spot programme will be carried out if any Then at the end

L: Troop/Company Atten...tion
Dal Saav.... Dhan
Troop/Company Fall out or Break-off
Dal Swas…Than

All will turn right and break the line taking a step to the right

In case the Troop/Company is to be dismissed finally, then,

L: Troop/Company Dis..Miss
Dal Visar.Jan

All will turn to right, SALUTE, and break the line by moving one step to the right.

If the command is :

By Patrol - Fall out/Swas.... Than

Or

By Patrol - Dis...Miss/Visar.... Jan

Then the Patrol Leaders take a step forward, Salute and take charge of their respective Patrols.

For Lowering the flag at sunset

The person responsible for lowering the Flag goes to the flag in complete uniform, opens the halyard free of cleat and free of any twists, blows a long blast to in the whistle and starts lowering the flag. When the toggle of the flag reaches the level of the cleat he/she then blows another sharp long blast. The process of lowering the flag is treated as completed.

Between the blasts every one will, in his/her own place, stand to attention facing the flag.

Nobody salutes when the flag is lowered.

WIDE GAMES

DACOIT HUNT

1. A party of Dacoits (Eagles, Curlew, Ravens and - Cuckoos) are attempting to blow up Bridge 15 on the Main line. A Party of Police (Wood Pigeons, Peacocks, Wood Peckers, Owls) attempt and to kill as many Dacoits as possible.

2. The police will leave the starting place 20 minutes in advance so that they may have time to take up their positions.
3. The Camp staff and few more will be Umpires and will be recognised with a black band round the head.
4. Dacoits will be recongnised by the scarves round their hand like bandage.
5. Police will be reconginsed by the scarves round their left arm.
6. A dacoit or police man is killed if he is hit by a bullet, Touching the person is not allowed. Bullets are paper balls and each player will have two of them. When a player is killed he/she will put his/her scarf properly round the neck like a jolly good. Scout/Guide and remain with the nearest umpire or come back quietly back to camp. He/She should hand over his/her bullet to those who hit him/her.
7. The Police may hide within one hundred metres of the bridge but may chase a dacoit within this area if any gets past them.
8. The Dacoits will have six bombs. The bridge is damaged if one bomb hits it and completely blown up if two hit it. If a dacoit holding a bomb is killed he./she must hand over his/her bomb to one of his/her people after he/she has taken out scarf so as to be out of action, and put it round the neck.
9. Players must notice the out of bounds areas in their maps and must not go out there.
10. The dacoits will have one hour and a half in which to make their attempt. If the bridge is not blown up at the end of that time, the police will have won.

11. When time is up, a horn or whistle will be blown. All players will then return at once as quickly as possible to the Rally ground in front of the flag.

CAPTURE THE FLAG

Adult Leaders and Boys/Girls all age groups and Junior and intermediates.

Throughout the world this game has been made universally popular by both Boys and Girls, Scout organisations, and no collection of wide game is complete without it.

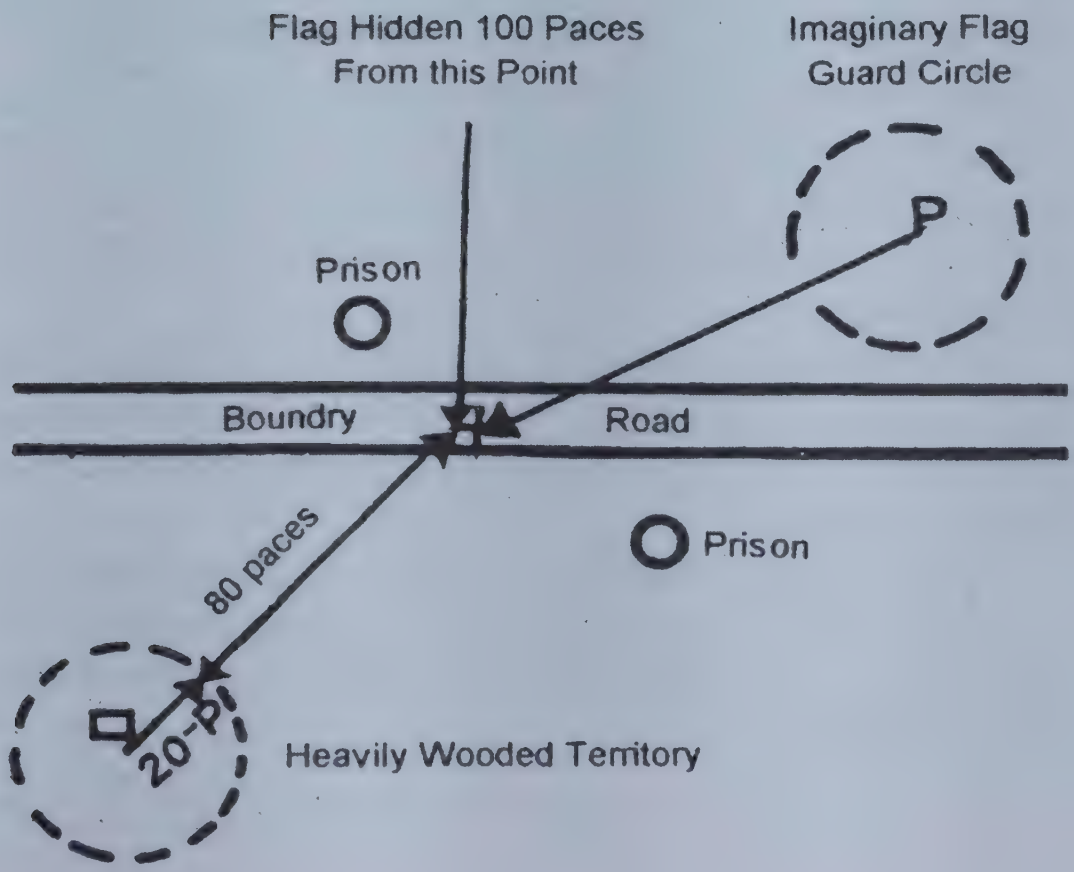
The Armies and Officers. Each team, called as "Army" selects a captain, corporal of the prison guard, and corporal of the flag guard. The adult Leader acts as the "Generalissimo" umpiring and coaching all officers and soldiers. Each army is marked up some manner-wearing a handkerchief, arm band, cap, head band etc.

The Battlefields: The playing area is divided by road, path, stream, or an imaginary line into two battle fields. Each army selects as a prison a tree or stump 20 paces from the boundary line and stations there a prison guard of one or more persons. Within 100 paces of the centre of the dividing line each army erects its flag. An inconspicuous spot may be selected for the flagstaff, not withstanding, it must be planned so that it can be readily seen. The several players acting as flag guards must at all time should maintain a distance of 20 paces from the flag, unless an enemy approaches nearer than that distance.

THE BATTLE :

When all is in readiness the Generalissimo blows a whistle or bugle. Any player is subject to capture while

in enemy territory. A player must be fielded by one or more opponents until the word "caught" is called three times before a capture is effected. Upon capture one of the players escorts the captive to prison. A prisoner may escape when touched by one of his/her team mates provide the prisoner was actually touching the prison base when his/her team mate tagged him/her. One player will rescue only one prisoner at a time. The prisoner and rescue holding hands and both return to their own territory are exempted from capture. Of course any player attempting an rescue may also be captured by the prison guard, whereupon he/she, too is put in the guard house.



In order to capture the flag a player must carry it across the border without being caught. When a raider is caught before reaching home, the flag is replanted in its original spot and game proceed.

THE VICTORS

The game should continue for a definite time decided upon before the start. At the expiration of that time, if neither army. has captured the flag, the one having the greatest number of prisoners wins.

NOTE FOR LEADERS

Instruct players to disperse in the area and first reconnoiter to locate the flag and report its whereabouts, Then organise a false attack of the weaker players to engage the attention of the enemy, thereby giving the stronger player a chance to more successfully charge the flag guard from an opposite direction. Prisoners may request permission to hold hands to form a human Chain and stretch towards the boundary line, as in the game of "stealing sticks". This is not advisable because escape is made so easy that some players deliberately permit themselves to be caught for the fun of escaping.

Improvised flags can be made from handkerchiefs. The flag staff should be at least 2 metres long. See that it is erected on a dry spot, never in an inaccessible wet place or swamp.

The popularity of Capture of the Flag tempts leader to concede to the wishes of their charges and permit them to play it at night. This is inadvisable, due to the danger involved.

CAMP CONDUCT

Discipline is not only important in the camp but in every walk of life, The organisers themselves should be well disciplined and they must obey the rules of the camp. The camp is the best place to develop social attitudes and conduct and also to inculcate the correct health habits among the Scouts/Guides.

In the camp Scouts/Guides pick up the Scouting spirit very soon. The Scout/Guide law becomes the code of conduct. The Scout/Guide motto "BE PREPARED" will be the most important one to be learnt. A Good Turn daily will become the habit.

SOME TIPS TO BE REMEMBERED

1. Put up daily programme and instruction on the notice board for the guidance of campers.
2. Do not give unnecessary orders to the campers, which have no meaning.
3. Don't give hasty orders which afterwards you regret.
4. Don't be discourteous to the Scouts/Guides otherwise they will not be your well wishers.
5. Order only when it is needed.
6. Don't give such orders which you cannot do yourself.
7. Don't try to conceal your vices.
8. Don't be insincere and lose temper.
9. Don't indulge in favoritism.
10. Don't put collective fine and penalties.
11. Be honest and straight forward.
12. Punctuality of time must be observed.
13. Inform nearby police station about your arrival and departure.

MORNING INSPECTION BY THE SCOUT MASTER/GUIDE CAPTAIN (REF. STANDING CAMPS)

The Scout Master/Guide Captain should see that every Scout Guide is neat and clean. Particular attention be paid towards personal cleanliness, the uniform properly worn and is neat and clean and mended if necessary. The shoes should be well polished and brushed. The patrol leader should accompany the S.M./G.C. at the time of inspection.

POINT TO BE NOTICED, CONCERNING TENTS

1. Poles upright and guys at right tension.
2. Walls properly rolled, knots correctly tied.
3. Entrance as wide as possible- no pegs in the entrance. All flaps must fast.
4. Pegs complete and firmly in the ground.
5. Don't leave Tent empty except for lanterns etc.
6. Lanterns clean and candles removed.
7. Ground inside and all round spotless.
8. Patrol dining room table and seats clean.
9. Plates, mugs and other utensils clean and tidily arranged, (to be kept above the ground). '
10. Shelter properly rigged. Fire place tidy and clean.
11. Clothes are properly hang up and clean.
12. Refuse should be burnt. It should not be exposed.
13. Store tent properly pitched and store tidily arranged and covered.
14. Council fire place. This should have been made tidy by the duty patrol.

REMEMBER THIS

The cleaner the area, The safer the fire, The better the meals, The drier the tent, The better the bed, The happier the camping.

BICYCLE TOURING AND HIKING

Cycling is becoming more and more popular the world over. The value of cycling as a health promoter is considered great and now universally recognised. It is becoming more and more popular specially among young people. It keeps the muscles strong and sound (particularly of the heart).

Cycling is therefore promoted as a sport at all the stages throughout the world. Special cycling tracks have been constructed for the purpose of competitions.

National and international competitions are organised. It has become a regular item in Olympic games. Cross country touring is taken on cycles in groups with a purpose to meet the people of different regions using different languages (Moving across). It also leads to national integration when people of one region meet the people of others regions and interact with them. It creates love, affection and respect for one another. Going in groups is recommended for the purpose of safety and economy There is indeed healthier way of escape from the town and factory work than to get aways from all this on a bicycle. When you have a bicycle as exercise, cycling is more exciting than walking or running. Cycling need not be more strenuous than walking and jogging. Cycle touring does not commit pollution.

Patrol cycling and touring for scouts and guides is an adventure when it is planned. It will be a pleasure.

When it is not done well, there can be many different moments during the journey.

Sufficient time as well as knowledge is needed besides proper preparation and equipment and mature approach towards adventure. Some of the points to be considered before commencing a journey on cycles are hereunder.

NOW YOU HAVE A BIKE AT HAND

1. Before staring off, all parts of the cycle and equipment to be taken should be checked. Nothing is more painful than to find things missing when your stop to mend the cycle due to break down and you want to repair it on the way. There is a loss of precious time as well, if at such a time where the repairing facility is far off and you have to carry the same.
2. Keep in mind that not more than one patrol should be in a group to avoid the inconvenience to other road users. There should be a distance of about 50 metres between the first and the second group following.
3. A reasonable speed should be maintained that will not tire the slow rider nor irritate the fast rider.
4. There should be planned stops at pre-arranged places for lunch, tea etc. It is important that the whole group always keep together.

Have an Objective

5. When planning a trip, pick a target e.g. a lake, reservoir, old ruined fort; Zoo for sight seeing; enjoy the river side study the historical buildings, etc. in case you do long distance or cross country, plan visiting different types of people of different

regions or languages or culture. Your plan should be different from that of short distance journey.

6. Experienced cyclists are required for long distance journey. Sufficient time is needed for rest and sleep during the journey. Eat good food also.
7. Plan stopping for the evening at 4 p.m. rather than late in the evening for night stay.
8. Touring means travelling from one place to another having meals and rest and sleeping under an man- made shelter. In addition to your cycle you will need more money, light clothing for change, cooking gear and some other assorted small items.

REQUIREMENTS TO COMPLETE BEFORE THE START OF JOURNEY

1. Keep your bicycle in good shape. Identify the parts of your bicycle that should be checked off and learn to change the tyre and fix it yourself.
2. Always keep bicycle under shelter when it is not in use. If it gets wet from rain or snow, wipe it dry.
3. Keep the moving parts well lubricated.
4. Protect the bicycle from theft. Use a bicycle with a good lock.
5. Ride a bike for one km. without rest and be sure to obey all the traffic rules, cycles are covered by traffic rules.
6. Ride in a straight line. Don't do stunts or try to weave in and out of the moving vehicles.
7. Don't carry another rider and don't hitch into cars and trucks.
8. Give pedestrians the right of way.

9. Ride in a single file on streets and highways and stay to the extreme left of the road.
10. Don't ride close behind moving car or other vehicles. They can stop much more quickly. Use proper hand signals.
11. Carry a good sized saddle bag which will hold cycle tools, puncture repair kit, map, food, etc. Don't forget to take a torch.

FOOD AND CLOTHING

Go easy on the food before cycling. To much or heavy food will make you lethargic. But light and wholesome food can be digested easily. Drink minimum of liquids. Fruit juice is advisable. This will give energy. Don't take ice cold water or drinks Hot tea is very refreshing.

Clothing should be loose and comfortable. Don't wear sarees or dhoties. They are likely to get stuck in chain or wheels. Wear Scout/Guide uniform. Don't have garter, tight sweaters or stockings with rubber tops which check the free flow of blood in the body.

Shorts are ideal for summer and pants for winter. Provide yourself a head gear for protection.

MEDICINES

If you are habituated to take any kind of tonic, don't forget it. Take cotton and bandage, dettol and bandaid for treating wounds etc.

WATER

Carry it with you in a bottle or get it from a public supply or make it pure with some purifying tablets. Don't drink just from any well. Be careful about the

milk as well. Try to reach back to your camp or home before it is dark.

SIZE AND QUALITY OF CYCLES

Touring cycles are lighter, faster, stronger and more beautiful. Proper care of cycle is very important. It should not be exposed to rains and dust.

Choosing the correct cycle is like choosing the correct shoes, It must fit you and fit the occasion. Generally cycles are used for every day work and they are heavy and tough and durable. Racing cycles look like touring cycles. The size of the cycle is very important. You cannot go with speed and pleasure on a bike if the wrong size The size of the cycle, is determined by its frame. If the frame size too large for the cyclist, the feet will not be able to reach the pedals. The cyclist has to stand up and swing from side to side.

If the cyclist is tall and frame is short, the knees will come up to his/her chain and indeed, an uncomfortable condition. Make certain that the cycle tyres are properly inflated.

If your route is rugged country side, select a heavier bike.

QUALITIES OF THE CYCLES

Brakes should be strong. The saddle should be smooth and the chain should be covered with a chain guard. There should be a reflector on the rear wheel. Superior quality of electroplated handles and other components are an asset.

Put a leather bag behind the seat for tools and necessary medicines. Carrier racks should be fitted. Proper stands for parking should be taken care of while taking rest. A bell for giving indication is necessary.

MORE HINTS AND POINTS TO OBSERVE

1. Ride steadily, confidently, be alert.
2. Always glance over your shoulder and give signal before moving and turning.
3. Be courteous and obey Scout/Guide law.
4. Try to make your halt at wayside tea stall. Take some light food to eat.
5. Carry the following articles for long journey.

(a) Puncture repair out kit and pump
(b) Small screw driver.
(c) Multiple spanner.
(d) Small first aid kit bag.
(e) A Map.
(f) A box of matches for lighting fire.

Note : Don't carry large amount of money with you. Arrange if possible to carry drafts and bank cheques, ATM Card while visiting far off cities and towns where such bank branches are available.

6. Encourage cross country expedition on cycles to observe the nature's beauty in the countryside.
7. For cooking carry small stove and 2 plates and one long spoon. Each individual should have his/her own plate, mug and spoon.
8. Take cleaning material like soap and a few dusters, tissues for wiping, etc. Set up your stove or build your fire for cooking.

The cross country tour on bicyles is good to create awareness among the people against factors like experiment, drug abuse, literacy, pollution and such problems faced by the country.

SAFETY RULES FOR CYCLIST

1. Keep as near to the left as possible unless you are about to overtake or turn to the right.
2. Always keep a good look out, especially when riding with dropped handles.
3. Remember that the faster you are travelling, the smaller is the margin of safety.
4. Always be able to pull up your cycle well within the distance for which you can see the road to be clear.
5. Take special care when, it is foggy, when light is bad, or when roads are wet, slippery or dangerous.
6. Don't ride close behind moving cars or others vehicles. Never hold on to a moving vehicle on any road, they can stop much more quickly than you can.
7. Watch parked cars. People sometimes step out abruptly from between them.
8. Be very careful going round turns on narrow roads. Watch fully for the on-coming traffic.
9. If you must cycle at night, make sure your lights are in working order.
10. The last cyclist in the file or group should call loudly to warn the rest if a vehicle is coming from behind and also in the same way the 1st cyclist in the file if there is any danger in front.
11. The fewer the risks you take, the better your chance of reaching old age in fairly good working order. Do the right things at the right time without hesitancy, fear or loss time.
12. Develop the habit of observing the road directly in front of your bike. Watch out for any hurdles.

Also

13. Cycles are covered by the traffic laws like other vehicles.
14. Watch out for drain grates.
15. Know the Rules of bike safety.

GROUP CYCLE TOURING

Group cycle touring is an adventure. When it is well planned, it will be a pleasure. When it is not planned well, there will be many difficulties.

Giving sufficient knowledge, proper preparation and equipment is a must. 5 to 6 hours run to see a local beauty spot and back can be a pleasure. Some major points before commencing the tour are given below :

(a) Forming a Group. Before starting assemble at one place.
(b) Four scouts/guides hike on cycles will be ideal.
(c) A reasonable speed that will neither tire nor exhaust is the best.
(d) Maintain scout spirit. After an hour's riding, take some rest before you proceed further. It is necessary to renew the scout spirit.
(e) There should also be planned steps at pre-arranged places for tea and lunch.
(f) It is important that the entire group keeps together so that other riders may catch up.
(g) Don't over do. Give ample time to rest. There should be no physical exhaustion.

HIKING AND TREKKING

These are synonymous words having the same sense. The history of hiking and trekking and expressing the same meaning is an old as mankind. In olden days when there were no means of transport

from one place to another, people used to travel on foot. They used to trek to their fields, forest/garden and orchards. The farmers, gardeners and hunters used to go from one place to another on foot in the absence of any conveyance. Then the people were robust and brave. They had the spirit of adventure and love of nature. They had the spirit of pioneers which inculcate discipline. These types of activities harden you physically and instil courage and team spirit. Only a small section of the children find pleasure in school games these days. The spirit of adventure is greatly fundamental and natural to all Scouts and Guides. We find it available to every age group in the movement.

When a Scout/Guide goes on trekking, it cuts him/her off from all other amenities. He/she depends on himself/herself and alone. It therefore inculcates discipline and develops courage, and a spirit of adventure as he/she has to face adversities on the way.

BE STEADY AND SLOW

During the mountain trekking, Scouts/Guides should be trained in the power of will. Endurance and hardness make the trekking easy and successful. The Scouts/Guides have the heart and love like the pioneers of old.

Trekking develops the virtues of courage and cooperation and love for nature i.e. flowers, birds, trees, lakes and streams and creates self confidence.

Education through adventure is a great thing. Courage should be a strong point of love and luxury, and sleeping on cushion beds do not help in becoming courageous and brave.

The joy of trekking is abundant and comes from the moment we undertake the journey. For a real fun, there should be a company of another person.

Indian is a very hospitable country. People are very courteous. They love to give food and shelter and friendly treatment to strangers, specially scouts and guides.

The desire to see the successful end of trekking and hiking is a great characteristic of the spirit of adventure heroism, courage, bravery and achievement.

HIKING AND TREKKING FOR SCOUTS AND GUIDES

Hiking and camping are the magic words for Scouts and Guides. The fun, adventure, trailing the smell of wood, flowers and fields while going through them is very pleasing. The very word scout means a path finder, a pioneer, lover of nature, living in the out of doors and do cooking by self. The Scouts and Guides feel at home when out of doors. They have the knowledge of compass, first aid and cooking-pathfinding, estimation, stalking and pioneering, Every one should have a hand in planning the programme. It is more fun for every one in taking part and doing something during the hike.

Hiking is one of the best out-door activity. It gives opportunity to learn cooking, trailing, exploring, mountain climbing and adjustable habits to live with others. It helps to catch a wonderful feeling of being aways, from every thing like movies and cinemas when you are high on hill tops or deep in the wilderness.

Hiking is an aspect of camping but it should be in its ideal form. The best way to learn is to hike as often

as possible in patrols. Most of the hikes are day trips or an overnight stay in tents or under any other shelter.

TOOLS FOR HIKERS

1. **Folding knife :** Two bladed knife with screw driver, bottle opener and can opener is ideal. When the knife is not in use, clean it before laying it down.
2. **One blade knife :** Shealth knives are straight, do not fold and generally have a leather shealth tin which they are carried.
3. **Jack knives :** Blade is folded inside the handle.
4. **Hand Axe :** It is a small axe usually used in cutting wood. Its flat head can be used as a hammer. It is a handy tool for general use. When not in use, don't leave it on a tree or on the ground. Put it in a chopping block or keep shealthed or wear in the belt or carry with blade down.
5. **A Compass :** A Compass is a watch like instrument which has a magnetized needle that always points to the North.

A hiking should be:-

(a) Perfectly equipped
(b) Physically fit and mentally sound :
(c) Have the practical knowledge to live in the open, outside the home. Hiking is full of romance and adventure and every scout and guide can practise it to a certain extent.

A patrol can go for half a day hike even during the camp period, seeing new places every day is covering of the land we live in far away from high roads, from the approach of man sleeping outside in some shelter or in the open in a safe place.

Hiking is more interesting if one has some knowledge of the birds, animals tree, flowers and neighborhood. But the skill in trekking and stalking will need some practice over a period of time and needs lot of patience.

OUT DOOR

PATROL HIKES

To go out of door on hike over hills or lakes and fields is to satisfy the urge for living comfortably in the open. The out of door is not just out side your door but far beyond where you can watch the starlit sky of nature's beauty around. Wherever you go, be prepared to look after yourself and to do something for others.

On a hike with your troop/company be responsible for one of the following-where to go and what to wear, playing games or singing songs, collecting and packing-a first aid equipment and any suppliers, keeping a record of the trip, laying a trail using compass directions, a whistle and so on.

Hike short distances first-perfectly one or two kilometer. Increase the distance gradually-3 kms. and hour is a good speed. Go slow if you find interesting things along the way.

It is more fun to hike with nothing in your hands. Only carry what you can put in your pockets or convey in a haversack. Remember your Scout law and follow strictly. Never pick up fruits and flowers without permission. Never cross cultivated fields or leave gates open if you found them shut to shut them. If you found them open remember to shut them.

Never accept lift from strangers even if you are tired and late, Never thumb a ride.

Along a motor road, walk singly on the right side of the road, facing on coming traffic.

When walking on a public high way after dark, wear some thing white the can be seen easily.

Avoid all areas that are dangerous. Never walk along rail road track.

Drink little water or no water on the way. Never drink from an untested supply.

REST

Rest for five or ten minutes once an hour. If the hiking is in a hilly country, you may need more rest in the middle of the day. You will need a longer rest especially after you have taken food. The best way to relax is to lie flat on your back, legs raised a little against a tree or rock.

Carry a map-note book and pencil, compass water proof match box and a piece of spare cord.

Carrying some food on your back is worth remembering. There are quite a number of packed foods like milk cheese, bread, biscuits pastries, cakes, tea bags, chocolates and dried fruits.

OUT DOOR

1. When you go on hiking or walking with a group, never cause any difficulties or problems to car drivers or pedestrians. So it is good to know the rules of the road safety.
2. On side walk, break-up into two or three and don't spread across so that the people coming in the opposite direction do not find it difficult to pass on.
3. At cross road wait together for the traffic light to change. Never take a chance.

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4. Along a high way, walk on the right facing the traffic.
5. At night wear something white like an arm band or carry a flash light.
6. Don't thumb rides.
7. On buses and trains keep together. Remember that the other passengers may not wish to be entertained by your songs, cheers, making loud sharp cry. yells, etc.
8. When your bus or vehicle passes through a city bazaar, never sing until you are out in the open. The driver is also likely to be disturbed.
9. Never do window stealing while making purchase.
10. Obey the rules of the show room.

HIKING SPOTS

1. Public parks and forest.
2. Private property where permission is needed to use the land.
3. Camping site belonging to local Dist. State and National Association.
4. Places of historical interest.
5. Zoological gardens and acqurium.
6. Spring and water falls.
7. Gardens and orchards.
8. Lakes and streams.
9. Hills and mountains tracks.
10. Birds sanctuary and so on.

CODE OF CONDUCT

1. Remember your Scout law and follow them.
2. Leave things as you find them or leave them better.

3. Properly respect others. Stick to paths when going across farm land. Especially in fields of grains-vegetables, go around the edges of fields even when there is no obstructions on the path.
4. Be sure to leave the gates closed as you found them or if found open please shut them.
5. When you know how to cross the country keep to trails in the woods as you find them as markers.
6. Spare the trunks of the trees and wooden walls and fences without writing anything on them. Don't strip the bark from living trees. Specially small saplings.
7. Live and let live creatures in the open; don't destroy them or disturb them.
8. Make your camp a wild life sanctuary where birds and animals find shelter and food.
9. If you have gone to unfamiliar place. Plan to get back to your camp with the help of others before dark.
10. Learn first aid before going out for camp. Don't try to become too smart, avoid accidents.

Make yourself comfortable on flat ground by using clothing for bed.

YOUR CAMP BED

For the simplest type of camp bed, spread out your plastic ground sheet, If you have a foam pad or an air mattress, place it on the ground sheet. Lie down on the ground sheet in sleeping, position. Place the padding under the small of your back, your head, and your middle thigh. Stand up and put blankets or sleeping bag over padding.

Remember the old camp rule : Have as much as under you as over you. In that way you are not only

warm against the cold night air, but also against the coolness of the ground.

If you use only one blanket on a summer night, place one third of it on the bed and lie down on it. Bring the rest of the blanket over you so that the middle third is on top of you. Roll over slightly and tuck the last third under you. Lift legs and bring bottom of blanket under you feet.

Blanket sleeping bag is made from blankets. Fold first blanket in three layers. Pin down free edge with blanket pins. Place on half second blanket. Bring bottom up and pin. Fold other half or second blanket over first blanket. Pin edges. Fold bottom under.

RULES OF THE ROAD

Along an automobile highway or travellers road, walk single on the right side of the road facing on coming traffic. When walking on a public highway after dark, wear something white. You will respect the property of others, you will not pick fruits and flowers without permission, tamper cultivated fields, or leave gates open if you found them shut, or shut them if. you found them open.

Never accept lifts from strangers, even if you should be tired and late. Never thumb a ride.

You will not disturb people you meet along the way. You will hike quietly in two or three and you will save the shouts, songs and lively activities until you are by yourselves.

If you are going to use or cross private property, you must get permission. If you wish to visit or use any building not generally open to the public, arrangements must be made in advance.

Avoid all areas that may be swampy or otherwise dangerous. Never walk along rail road tracks or trestles.

Most experienced hikers drink little water on the trail. A sensible hiker never drinks from an untested supply. Unless you are sure you can get tested water, take it with you or purify it. Boil it for ten minutes before use.

GENERAL COOKING SUGGESTIONS

1. Cook a dish yourself before you try to tell others exactly how to do it.
2. Never do your own cooking on a hike. An efficient leader finds himself/herself fully occupied in leading and helping others.
3. If you depend on each member to bring a certain article, you may be embarrassed on arrival to find yourself not having the required essentials. A more dependable method is to have a purchasing committee and buy the food and share the cost.
4. Ordinarily it is not wise to say, "Bring any thing you please to cook". Recommend a menu.
5. When planning a time schedule for a hike, double the amount of time it takes to cook.

MENU WITHOUT UTENSILS

Bread-Butter-Pickles-dessert-chocolet, Biscuits-Beverages in sufficient quantity-fruits-dried fruits. Condensed milk to prepare milk; Tea bags, Tomato squash, Any other type of fried can be taken. Even things like poha would do well.

BACK PACK HIKE

The back pack hike gives a great thrill to scouts and guides. After getting good experience of camping and hiking, go for a Back Pack Hiking. It is suitable for trailing and trekking.

The Whole troop/company may not be able to go due to several reasons. Select some strong and healthy scouts/guides (about 7-8 in number). There should be one adult. The best number for a pack hiking group is four. Four can easily pack the gear needed. Even if some one falls ill or meets with an accident on the way, one can stay behind with the sick person and two can go for getting some medical help or convenience for the victim.

FOOTWEAR

For hiking, the footwear should be comfortable. Common shoes or boots will be comfortable. Use cotton socks inside.

CLOTHING

Wear what you usually wear for hiking or trekking also. Carry extra clothing in your pack for change along the trail. Carry scout knife and a match wrapped in some plastic material.

GOING ON TREKKING

PACK

Pick a frame for use, but it should be a soft back pack. It should have wide shoulder straps with foam pads and padded hip belt. The padded hip belt reduces the strain on shoulders. It brings the weight on the hips

and legs as generally used by the others of bags full of grains, sugar etc. in markets.

What to be carried inside the pack :

1. Camping gear like compass, area map, torch.
2. Food packed.
3. Personel gear-ground sheet and sleeping bag.
4. Soap for bath, paste and brush.
5. Stove for cooking, fire starter.
6. Small pots for cooking and spoons, one plate, Mug.
7. Tin can opener.
8. Plastic bags and container.
9. Necessary medicines.
10. A Scout staff for safety.

BACK PACK TOURING AND TREKKING

Group Touring is an adventure for scouts and guides, touring from one place to another. When you camp, you are free. You can go where others rarely go. This gives you the physical reach, impractical to other hikers and to follow paths, inaccessible to cars and motors.

BACK PACK

If you plan to camp, you will need more preparation and more trekking equipment. Don't carry too much load on the back pack. They are uncomfortable and specially when going high. Never stay too far from the help. Stay in some Scout camping centres or youth hostels or farm building, where washing and kitchen facilities may be there. Many youth hostels provide cooked food also at concessional rates.

There should not be a big group. The best number is four. Four can easily pack their luggage they need.

And a crew of that size is prepared for the worst. If a accident occurs, one stay behind with the victim and two go for procuring help. Scout hiking is done along counter paths and cross country.

Avoid high ways but for absolute distance you may have to follow on the main road.

Train yourself in the proper way of walking to cover distances without tiring. Do not step on logs or loose rocks. Step over them for safety sake.

For night hiking, tie a white handkerchief around your lower right leg. The P.L. walks a few steps ahead of the first person, the A.PL a few steps behind the last. White handkerchief round the leg makes it easy for motorists also to see you at night.

HIKES

There are many kinds of Hikes undertaken by Scout and Guides.

1. *Exploration Hike :* Hike may be to a mountain cave, lake waterfall and the reservoirs. When study your map, you may even locate the birth place of a small river.
2. *Trekking Hike :* There are very exciting places on hills where one may see different kinds of birds, animals trees, plants and flowers and also formidable rocks.
3. *Picnic Hikes :* There are several picnic spots around the cities too, e.g. lakes gardens orchards waterfalls reservoirs, etc.
4. *Long Hikes :* 10 to 20 km. hiking.
5. *Night Hikes :* (for Scout only) After camp fire go for a night hike along a familiar route especially on moon lit night, silently walking alone will be very enjoyable. Find your way in the darkness with

the help of maps and compass using torch. Moon lit hiking is always preferred. Inform the nearby police out-post about your programme and some responsible person at the destination point at your arrival.

OUTING

Outing is very popular among the scouts and guides, An outing is the same as that of a patrol or troop/ company, but it is different for Cubs and Bulbuls. The chief consideration in designing a group programme is to make a balanced programme in the hope to satisfy everybody in the unit as far as possible.

It is very easy to manage the children as they participate whole heartedly in the programme. It is of utmost importance to respect the dignity of older boys/girls when planning a programme. Different types of programme should be organised for different age groups.

PRELIMINARY PLANNING

The success depends upon the ability of the Scout Master/ Guide Captain, the Unit Leader should secure the cooperation of senior scouts/guides to whom the work is distributed.

FINANCE

To what extent are the funds available? To what extent will participants share the expenses? What portion of the total funds should be spent on invitation, equipment, food, transport, etc. The practice of developing a central theme is important. Items like sports programme, Independence day, birth day of an

important leader or a festival day, season of the year may also be kept in mind.

Boys/girls come to Scouting/Guiding for adventure, friendship and fun. They also come to learn skills which they cannot learn elsewhere and you must help them.

More and more of us feel the urge to get out into the open. This is urge recreation which has found expression among the scouts and guides in the form of hikes and treks.

To satisfy this urge we should take the boys and girls to the woods or to open grounds (out of the city walls) occasionally. It is mistake to think of a hike as a long walk. Too much time is wasted in walking.

If we have a day to spend on out of doors we cannot spend the whole day going one the wood in the morning and coming back in the evening. Select a nice place not very far away and take a short time to walk and spend a longer duration in the programme at the place. The boys and girls become tired by the time they reach their homes, if walking is more. Better way would be to go partly by bus and partly by walk.

The best way to learn is to go on hikes as often as possible in small units rather than a large crowd.

There should be a possible purpose of the outers e.g. exploring, visiting place of interest, nature study or training in scout craft like first aid, pioneering, etc., It is useful, therefore, also much more pleasant to set out each time with a definite object Stalking and tracking will need some practice and experience.

SUGGESTIONS

1. Assign one cooked item to every member to bring for the party.
2. Purchase paper plates, cups and napkins. After the outing is over clean up the place. Large bags should be fixed at connivent places for disposal of garbage, used paper plates and others trash. Train the scouts and guides to keep the ground neat and clean. Burn the waste at the end. Take care that the fire does not spread.
3. Supply of good drinking water must be assured.
4. A committee of 2 or 3 persons may be appointed to look after each of the items.

STARTING ON TIME

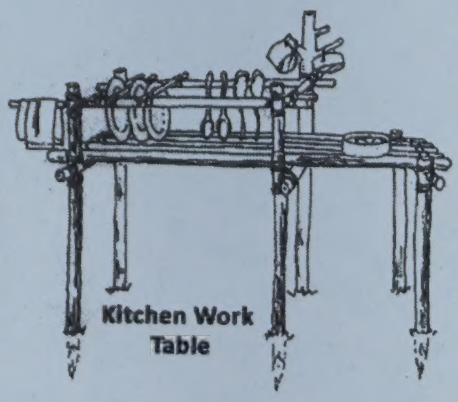
The enthusiasm of the early arrivals is too often dampened by long and tiresome waits for the more leisurely late arrival of others. A carefully prepared programme may tied over this waiting period by providing some recreational games to the early arrivals.

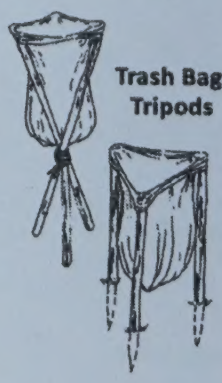
1. Avoid a longer list of events that can be run during the allotted time.
2. Avoid lengthy speeches or literary programme. The object of the outer is recreation and better fellow ship. Don't have too much formality.
3. Better have a photographer on hand to take snapshots of the various events during the day.

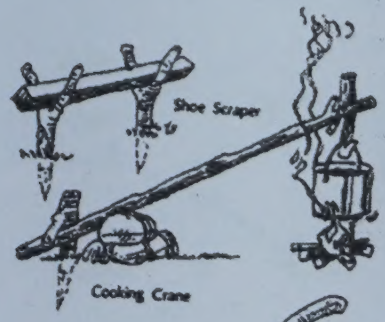
(a) Entertainment Committee.
(b) Refreshment Committee.
(c) Ground Committee-To make use of the ground and equipment.

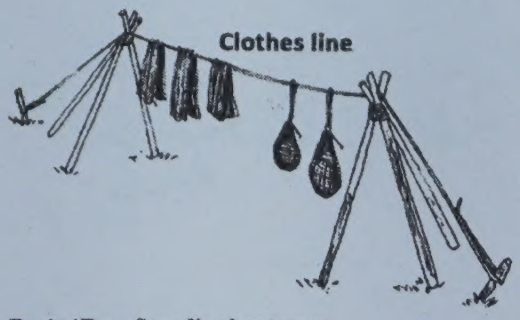
(d) Attendance Committee-to have advance publicity of the outing-to take record of the attendance.
(e) First Aid Committee-to have first aid equipment and give treatment when needed.
(f) Report committee.
(g) Sanitation Committee and so on to look to minute details.

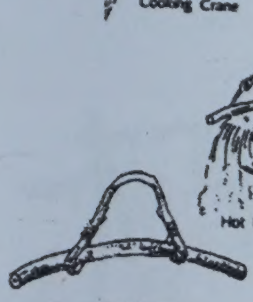
Camping Gadgets

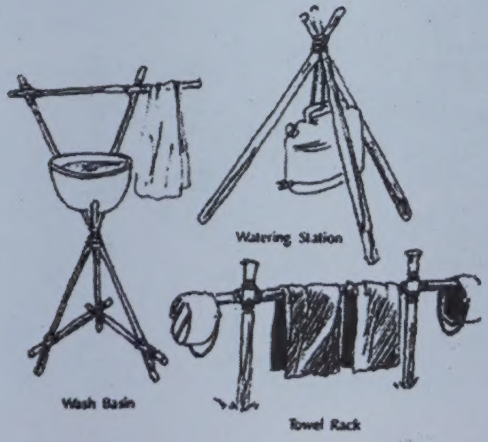


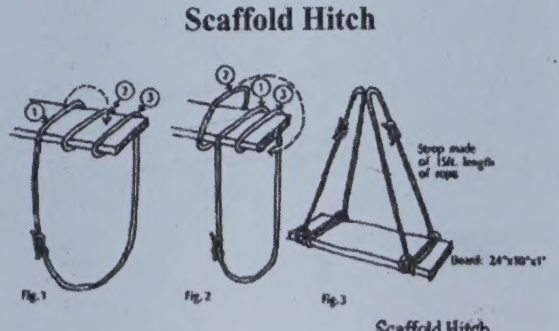




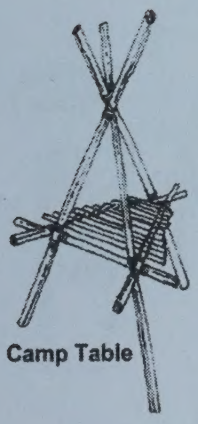




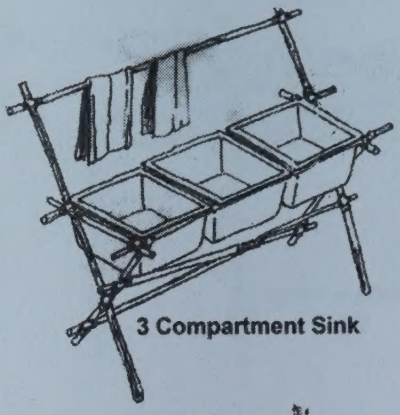




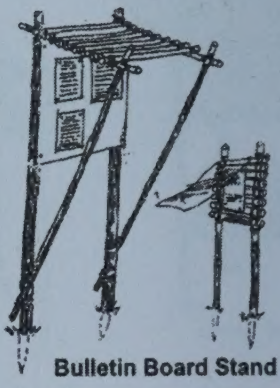
Camping Gadgets



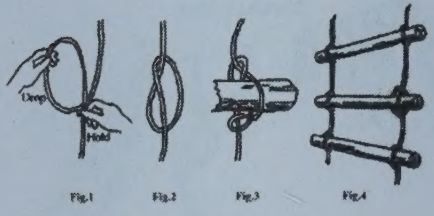
Camp Table



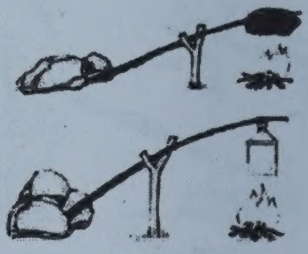
3 Compartment Sink



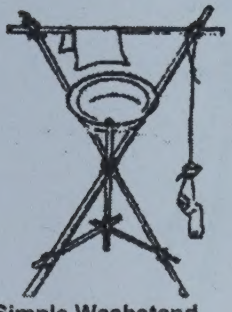
Bulletin Board Stand



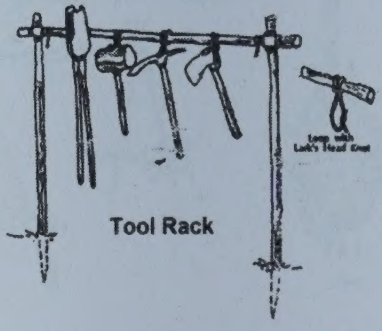
Ladder Hitch



Pot Rod

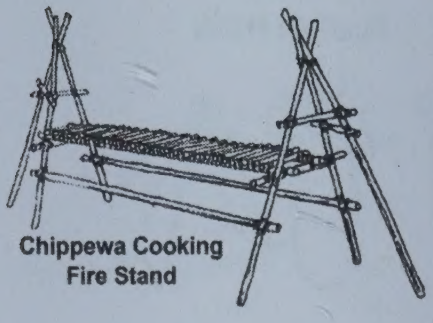


Simple Washstand

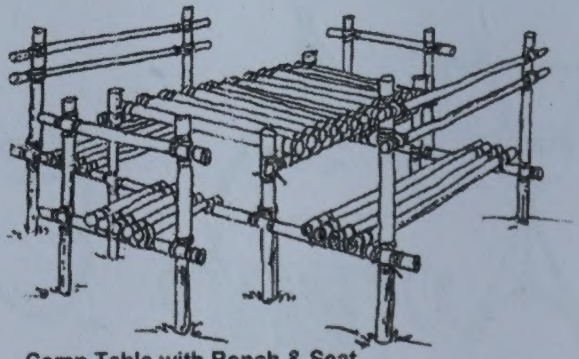


Tool Rack

Clothes Line



Chippewa Cooking Fire Stand



Camp Table with Bench & Seat

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